بِسۡمِ ٱللَّهِ ٱلرَّحۡمَٰنِ ٱلرَّحِيمِ

السَّلَامُ عَلَيكُم وَ رَحۡمَةُ ٱللَّهِ وَ بَرَكَاتُهُ

The Book of

Hifzh Al-Qur'aan

(Makhraj | Tajweed | Waqf)

جمعتها: **محمد أمين إبن عبد ألرشيد**

The **methods** & **techniques** of **mastering**

the Qur'aan Recitation & Hifzh

have been derived from

the Qur'aan & Sunnah

(Saheeh Ahaadeeth)

Qur'aan Recitation & Hifzh Course Booklet

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إِنَّ الْحَمْدَ لِلَّهِ

نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ،

وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا،

مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يُضْلِلْ فَلَا هَادِيَ لَهُ

وَأَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

أَمَّا بَعْدُ، فَإِنَّ خَيْرَ الْحَدِيثِ كِتَابُ اللَّهِ، وَخَيْرَ الْهَدْيِ هَدْيُ مُحَمَّدٍ ﷺ، وَشَرَّ الْأُمُورِ مُحْدَثَاتُهَا، وَكُلُّ مُحْدَثَةٍ بِدْعَةٌ،

وَكُلَّ بِدْعَةٍ ضَلالَةٌ، وَكُلَّ ضَلالَةٍ فِي النَّارِ

اَعُوذُ بِٱللَّهِ مِنَ ٱلشَّيۡطَٰنِ ٱلرَّجِيمِ

بِسۡمِ ٱللَّهِ ٱلرَّحۡمَٰنِ ٱلرَّحِيمِ

Qur'aan Recitation & Hifzh

Course Booklet

Introduction

سُورَةُ ٱلْفُرْقَانِ

وَقَالَ ٱلرَّسُولُ يَـٰرَبِّ إِنَّ قَوْمِى ٱتَّخَذُوا۟ هَـٰذَا ٱلْقُرْءَانَ مَهْجُورًا (٣٠)

30. [1]And the Messenger (Muhammad ﷺ) will say (complain on the day of Qiyamah): **"O my Lord! Verily, my people deserted this Qur'aan** (neither listened to & pondered on it, nor acted on its laws and teachings and nor even recited it).

[1] At least the **recitation** of the **Qur'aan is Fardh**.

سُورَةُ طٰهٰ

وَمَنۡ أَعۡرَضَ عَن ذِكۡرِى فَإِنَّ لَهُۥ مَعِيشَةً ضَنكًا وَنَحۡشُرُهُۥ يَوۡمَ ٱلۡقِيَـٰمَةِ أَعۡمَىٰ (١٢٤)

124. **But whosoever turns away from My Reminder** (i.e. neither believes in this Qur'ân nor acts on its teachings.) **verily, for him is a life of hardship, and We shall raise him up blind on the Day of Resurrection**.

سُورَةُ الرَّعۡدِ

ٱلَّذِينَ ءَامَنُواْ وَتَطۡمَئِنُّ قُلُوبُهُم بِذِكۡرِ ٱللَّهِۗ أَلَا بِذِكۡرِ ٱللَّهِ تَطۡمَئِنُّ ٱلۡقُلُوبُ (٢٨)

28. Those who believed (in the Oneness of Allâh - Islâmic Monotheism), and whose **hearts find rest in the remembrance of Allâh, verily, in the remembrance of Allâh do hearts find rest**.

سُورَةُ فُصِّلَتۡ

سَنُرِيهِمۡ ءَايَٰتِنَا فِي ٱلۡأٓفَاقِ وَفِيٓ أَنفُسِهِمۡ حَتَّىٰ يَتَبَيَّنَ لَهُمۡ أَنَّهُ ٱلۡحَقُّۗ أَوَلَمۡ يَكۡفِ بِرَبِّكَ أَنَّهُۥ عَلَىٰ كُلِّ شَيۡءٖ شَهِيدٌ (٥٣)

53. [2]We will show them **Our Signs in the universe**, **and in their own selves**, until it becomes manifest to them that this (the **Qur'aan**) is the truth. Is it not sufficient in regard to your Lord that He is a Witness over all things?

[2] This verse is a crystal-clear indication towards science. This verse doesn't just hint at science—it **encourages reflection, exploration, and observation**, which are foundational to the **scientific method**. It also reassures believers that **truth will become evident** as knowledge advances.

عن عبد الله بن عمر قال

دَخَلَ رَسُولُ اللهِ ﷺ الْكَعْبَةَ، مَا خَلَّفَ بَصَرُهُ مَوْضِعَ سُجُودِهِ، حَتَّى خَرَجَ مِنْهَا.

(خز هق ك) [الإرواء ج ٢ص ٧٣] (صحيح)

الإمام البيهقي، وابن خزيمة، والحاكم (ويقصد به: الحاكم النيسابوري)

The Messenger of Allah ﷺ entered the Ka'bah, and **his gaze did not leave the place of his prostration** (sujood) until he exited.

Ibn Khuzaymah, Al-Bayhaqi fil Qubra, Al-Hakim

عن عبد الله بن الزبير، عن أبيه

أن رسولَ اللهِ ﷺ كان إذا قعد في التشهُّد، وضع كفَّه اليسرى على فخذِه اليسرى، وأشار بالسبابة، لا يُجاوزُ بصرُهُ إشارتَه.

(رواه النسائي، رقم: ١٢٧٥، وصححه الألباني - حسن صحيح)

The Messenger of Allah ﷺ, when he sat for the Tashahhud, would place his left palm on his left thigh, and [3]**point with his index finger, and his gaze would not go beyond his pointing**.

An-Nasaii, graded Hasan Saheeh by Al-Albani

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[3] Yes — there is scientific and anecdotal evidence suggesting that **staring at a fixed point** engages your brain's **focused-attention networks**, strengthening them with repeated practice. The result? Better concentration, slower mind-wandering, and sharper mental clarity. Both **controlled studies** and **real-world anecdotes** support this method as a valid tool for improving focus.

1. **Meditation-Style Focused Attention (e.g., dot-gazing):** Techniques like **Trataka meditation** involve gazing steadily at a dot to train the mind's ability to concentrate. Studies show that even short sessions can enhance attention and cognitive control.

2. **Neuroimaging & Cognitive Measures:** Brain imaging studies show that **focused-attention meditation** activates attention-related brain regions (e.g., anterior cingulate cortex, prefrontal cortex) and increases alpha-wave power, which reflects improved alertness.

3. **Dr. Andrew Huberman is an American neuroscientist**, who talked about how focusing your visual attention, like staring at a single dot... can train your brain to improve concentration and support neuroplasticity.

وعن أبي هريرة رضي الله عنه أن رسول الله ﷺ: قال:

بادروا بالأعمال سبعاً، هل تنتظرون إلا فقراً منسياً، أو غنى مطغياً، أو مرضاً مفسداً، أو هرماً مفنداً، أو موتاً مجهزاً، أو الدجال، فشر غائب ينتظر، أو الساعة، فالساعة أدهى وأمر؟!

((رواه الترمذى وقال: حديث حسن)).

Abu Hurairah (May Allah be pleased with him) reported:

Messenger of Allah (ﷺ) said, **"Hasten to do good deeds before you are overtaken by one of the seven afflictions**." Then (giving a warning) he said, "Are you waiting for poverty which will make you unmindful of devotion, or prosperity which will make you corrupt, or a disease which will disable you, or senility which will make you mentally unstable, or **sudden death which will take you all of a sudden**, or Ad-Dajjal who is the worst expected, or the Hour; and the Hour will be most grievous and most bitter."

At-Tirmizhii, who classified it as Hadith Hasan

حَدَّثَنَا مُسَدَّدٌ، حَدَّثَنَا يَحْيَى، عَنْ شُعْبَةَ، عَنْ مَنْصُورٍ، عَنْ تَمِيمِ بْنِ سَلَمَةَ، أَوْ سَعْدِ بْنِ عُبَيْدَةَ عَنْ عُبَيْدِ بْنِ خَالِدٍ السُّلَمِيِّ، - رَجُلٍ مِنْ أَصْحَابِ النَّبِيِّ ﷺ قَالَ مَرَّةً عَنِ النَّبِيِّ ﷺ ثُمَّ قَالَ مَرَّةً عَنْ عُبَيْدٍ - قَالَ " مَوْتُ الْفَجْأَةِ أَخْذَةُ أَسَفٍ " .

سنن أبي داود صحيح (الألباني)

A man from the Companions of the Prophet (ﷺ), said: The narrator Sa'd ibn Ubaydah narrated sometimes from the Prophet (ﷺ) and sometimes as a statement of Ubayd (ibn Khalid): The Prophet (ﷺ) said: **Sudden death is a wrathful catching**.

Sunan Abi-Dawood Saheeh (Al-Albani)

حَدَّثَنَا مُسْلِمٌ، حَدَّثَنَا هَمَّامٌ، عَنْ إِسْحَاقَ بْنِ عَبْدِ اللَّهِ بْنِ أَبِي طَلْحَةَ، عَنْ أَنَسٍ، قَالَ خَطَّ النَّبِيُّ ﷺ خُطُوطًا فَقَالَ " هَذَا الأَمَلُ وَهَذَا أَجَلُهُ، فَبَيْنَمَا هُوَ كَذَلِكَ إِذْ جَاءَهُ الْخَطُّ الأَقْرَبُ ".

صحيح البخاري

The Prophet (ﷺ) drew a few lines and said, "This is (man's) hope, and **this is the instant of his death**, and while he is in this state (of hope), **the nearer line (death) comes to Him**."

Saheeh Al-Bukhari

حَدَّثَنَا مَحْمُودُ بْنُ غَيْلاَنَ، حَدَّثَنَا الْفَضْلُ بْنُ مُوسَى، عَنْ مُحَمَّدِ بْنِ عَمْرٍو، عَنْ أَبِي سَلَمَةَ، عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ ﷺ " أَكْثِرُوا ذِكْرَ هَاذِمِ اللَّذَّاتِ " . يَعْنِي الْمَوْتَ . قَالَ وَفِي الْبَابِ عَنْ أَبِي سَعِيدٍ . قَالَ أَبُو عِيسَى هَذَا حَدِيثٌ حَسَنٌ غَرِيبٌ .

صحيح البخاري

The Prophet (ﷺ) said, [4]"Increase in remembrance of **the severer of pleasures**." Meaning **death**.

At-Tirmizhii, who classified it as Hadith Hasan

[4] Always try to **think** that, at most, you have only **2 final minutes** left of your life.
What is one of the most worthwhile things you can do in that time?
To spend **1 minute** reciting **the Qur'aan**.

The **Sunnah** ways of **Reciting &**

Memorising the **Qur'aan**

سُورَةُ ٱلْمُزَّمِّلِ

أَوْ زِدْ عَلَيْهِ وَرَتِّلِ ٱلْقُرْءَانَ تَرْتِيلًا (٤)

4. Or a little more. [5]**And recite the Qur'aan (aloud) in a slow**, (pleasant tone and) style.

[5] Always recite the **Qur'aan aloud**, **at a slow pace**, and **focusing on/paying the closest attention** to **Makhaarij, Tajweed & Waqf**.

سُورَةُ الْقِيَامَةِ

إِنَّ عَلَيْنَا جَمْعَهُۥ وَقُرْءَانَهُۥ (١٧)

17. It is for **Us** to **collect it** (embed **the Qur'aan** in you chest) and to give you (O Muhammad ﷺ) **the ability to recite it (the Qur'aan)**.

سُورَةُ الْقَمَرِ

وَلَقَدْ يَسَّرْنَا ٱلْقُرْءَانَ لِلذِّكْرِ فَهَلْ مِن مُّدَّكِرٍ (١٧)

وَلَقَدْ يَسَّرْنَا ٱلْقُرْءَانَ لِلذِّكْرِ فَهَلْ مِن مُّدَّكِرٍ (٤٠)

17, 40. And indeed, **We** have made the **Qur'aan easy to** understand and **remember**; then is there any that will remember (or receive admonition)?

حَدَّثَنَا مُحَمَّدُ بْنُ بَشَّارٍ، قَالَ حَدَّثَنَا يَحْيَى، عَنْ عُبَيْدِ اللَّهِ، قَالَ حَدَّثَنِي سَعِيدُ بْنُ أَبِي سَعِيدٍ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ، أَنَّ رَسُولَ اللَّهِ ﷺ دَخَلَ الْمَسْجِدَ، فَدَخَلَ رَجُلٌ فَصَلَّى فَسَلَّمَ عَلَى النَّبِيِّ ﷺ فَرَدَّ وَقَالَ " ارْجِعْ فَصَلِّ، فَإِنَّكَ لَمْ تُصَلِّ ". فَرَجَعَ يُصَلِّي كَمَا صَلَّى ثُمَّ جَاءَ فَسَلَّمَ عَلَى النَّبِيِّ ﷺ فَقَالَ " ارْجِعْ فَصَلِّ فَإِنَّكَ لَمْ تُصَلِّ " ثَلاَثًا. فَقَالَ وَالَّذِي بَعَثَكَ بِالْحَقِّ مَا أُحْسِنُ غَيْرَهُ فَعَلِّمْنِي. فَقَالَ " إِذَا قُمْتَ إِلَى الصَّلاَةِ فَكَبِّرْ، ثُمَّ اقْرَأْ مَا تَيَسَّرَ مَعَكَ مِنَ الْقُرْآنِ، ثُمَّ ارْكَعْ حَتَّى تَطْمَئِنَّ رَاكِعًا، ثُمَّ ارْفَعْ حَتَّى تَعْتَدِلَ قَائِمًا، ثُمَّ اسْجُدْ حَتَّى تَطْمَئِنَّ سَاجِدًا، ثُمَّ ارْفَعْ حَتَّى تَطْمَئِنَّ جَالِسًا، وَافْعَلْ ذَلِكَ فِي صَلاَتِكَ كُلِّهَا ".

صحيح البخاري

...The Prophet (ﷺ) said, [6]**When you stand for Prayer say Takbeer and then recite from the Qur'aan (of what you know by heart)** and then bow till you feel at ease. Then raise your head and stand up straight, then prostate till you feel at ease during your prostration, then sit with calmness till you feel at ease (do not hurry) and do the same in all your prayers.

Saheeh Al-Bukhari

[6] **Recite** at least the **newly memorised verses** in **each raka'ah** of your all **five daily prayers.**

Part 1.0 - [7]Exercise

Rule 1

Look at a small dot ● continuously for **30 seconds**

Rule 2

Repeat the exercise at least **3 times a day**

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[7] This **conceptual exercise** has **scientifically** been proven to strengthen the focus, increase the speed of memorization, & enhance the retention of memorized verses.

Note: These sequential two sets of steps are highly effective and will lead to a definite **Hifzh** by the end of the day — smoothly and strongly **In Shaa Allaah**.

Part 2.0 - Set of Techniques

Rule 1

Begin the **Qur'aan Hifzh** with **1 minute** per day - out of **24 hrs**

Rule 2

Start **Qur'aan Recitation** from the last Surah

Rule 3

[8]Recite **1 verse a day** for **1 minute aloud**, **focusing** on the **Makhaarij**, **Tajweed & Wuquuf**

[8] Do use **a clock timer** - 1 minute

Rule 4

Repeat the same verse calmly & mindfully **as less times as possible** within that **1 minute**

Rule 5

Recite **the newly memorized verse(s)** in **each raka'ah** of all five prayers

The 15 Week Qur'aan Hifzh Course

Routine

1 Minute

[9]Monday to Friday

[9] **No study** at all at the weekends

1 Minute - Per Day

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Week					
Hifzh	[10] **1 verse** - 1 minute				
2nd Week					
Hifzh	**1 verse**				
Revision	[11] Previous Week's All The Verses				
3rd Week					
Hifzh	**1 verse**				
Revision	Previous Week's All The Verses				

[10] **Numbers in the boxes** refer to the specified number of **verse(s)** per week

[11] Do revise all the verses from the **previous week**

	Monday	Tuesday	Wednesday	Thursday	Friday

[12]4th Week

Hifzh	1	1

Revision Previous Week's All The Verses

5th Week

Hifzh	1	1

Revision Previous Week's All The Verses

6th Week

Hifzh	1	1

Revision Previous Week's All The Verses

[12] On the 4th, 5th, and 6th weeks - **2 verses** per week

	Monday	Tuesday	Wednesday	Thursday	Friday

[13]7th Week

Hifzh	**1**	**1**	**1**

Revision Previous Week's All The Verses

8th Week

Hifzh	**1**	**1**	**1**

Revision Previous Week's All The Verses

9th Week

Hifzh	**1**	**1**	**1**

Revision Previous Week's All The Verses

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[13] On the 7th, 8th, and 9th weeks - **3 verses** per week

	Monday	Tuesday	Wednesday	Thursday	Friday
[14]10th Week					
Hifzh	**1**		**1**	**1**	**1**
Revision	Previous Week's All The Verses				
11th Week					
Hifzh	**1**		**1**	**1**	**1**
Revision	Previous Week's All The Verses				
12th Week					
Hifzh	**1**		**1**	**1**	**1**
Revision	Previous Week's All The Verses				

[14] On the 7th, 8th, and 9th weeks - **4 verses** per week

	Monday	Tuesday	Wednesday	Thursday	Friday
[15]13th Week					
Hifzh	**1**	**1**	**1**	**1**	**1**
Revision	Previous Week's All The Verses				
14th Week					
Hifzh	**1**	**1**	**1**	**1**	**1**
Revision	Previous Week's All The Verses				
15th Week					
Hifzh	**1**	**1**	**1**	**1**	**1**
Revision	Previous Week's All The Verses				

[15] On the 13th, 14th, and 15th weeks - **5 verses** per week